

Lentil Soup #2 10

Number of Servings: 10 (355.13 g per serving)

Amount	Measure	Ingredient
2 3/4	tsp	Oil, olive, extra virgin
1 1/4	cup	Onion, yellow, fresh, chpd
2/3	cup	Carrots, fresh, chpd
2/3	cup	Celery, fresh, diced
3/4	tsp	Garlic, cloves, fresh
1/4	tsp	Herb, oregano, leaf, dried
3/4	tsp	Herb, basil, leaf, dried
1 1/3	cup	Tomatoes, dices, unsalted, cnd
1 3/4	cup	Beans, lentils, mature, ckd
7 1/2	cup	Water, tap, municipal
5 1/4	tsp	Seasoning, original
1/4	tsp	Spice, pepper, black, ground
3/4	tsp	Salt, table, iodized
1 3/4	cup	Spinach, fresh, chpd
5 1/4	tsp	Vinegar, cider

Nutrients per serving

Nutrition Facts			
Serving Size (355g)			
Servings Per Container			
Amount Per Serving			
Calories 150		Calories from Fat 15	
		% Daily Value*	
Total Fat	1.5g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	210mg		9%
Total Carbohydrate	24g		8%
Dietary Fiber	9g		36%
Sugars	4g		
Protein 10g			
Vitamin A 40%		Vitamin C 15%	
Calcium 4%		Iron 20%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Instructions

Saute onion, celery, garlic and herbs in olive oil over low heat (can use canola oil). Add tomatoes, water, Mrs. Dash seasoning, salt and peper and bring to a boil. Add lentils and simmer about 30 minutes or until just tender. Add fresh or frozen spinach, bring to a boil for 5 minutes and add vinegar and serve.

1 serving = 1 cup or 8 oz

1 serving = 1 1/2 Carb Servings

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

Notes

May use fresh diced tomatoes